

I'm a Weekly Goal Setter

Directions: Set a reasonable goal for you to accomplish this week. Complete the form below and be ready to discuss your progress as the week goes by.

My Name:

The week of:

My goal for this week is:

These are the steps I will take to achieve my goal (You do not have to use all 5 steps):

- 1.
- 2.
- 3.
- 4.
- 5.

Mid-Week Check

_____ I am on schedule and working towards achieving my goal. Explain why you think you are on schedule.

_____ I am a little behind schedule as I work towards achieving my goal. Explain why you think you are behind schedule.

_____ I have not spent much time working towards my goal. Explain why you think you have not spent much time working towards your goal.

End of the Week Check

Did you accomplish your goal? How do you feel about this goal activity?